

NutraNotes

5-A-Day...For Better Health!!



Getting your 5-A-Day means eating 5 servings of fruits and vegetables every day. Children need 5-A-Day too, so they can grow into healthy, strong adults!

WHY 5-A-Day?

Fruits and vegetables are good for your health!! They are loaded with vitamins, minerals, and fiber to help you and your child stay healthy. Eating at least 5 servings of fruits and vegetables--every day--can cut your risk of cancer and other serious diseases. As part of a low-fat diet, fruits and vegetables can also help you cut your risk of heart disease and stroke.

WHAT IS A SERVING?

- ◆ one medium sized fruit; about the size of a tennis ball (such as apple, orange, peach, pear)
- ◆ 1/2 cup fruit or vegetable--raw or cooked
- ◆ 1 cup of leafy salad greens (such as lettuce, spinach)
- ◆ 1/4 cup of dried fruit (such as raisins, prunes, apricots)
- ◆ 3/4 cup (6 ounces) of 100% fruit juice
- ◆ 1/2 cup of cooked beans or peas (such as lentils, pinto beans, kidney beans)

HOW CAN I GET MY 5-A-Day?

It's easy to fit 5-A-Day into your busy schedule. Try taking an extra piece of fruit with you for a snack, or adding fresh vegetables to a main dish. Give the kids a fresh fruit shake using low-fat frozen yogurt, or snack on fresh vegetables with low-fat dip. Keep it simple, and enjoy 5-A-DAY!

Try this great recipe to help your family get 5-A-Day!

Spunky Vegetable Pizza

(Makes 8 servings)

PREPARATION TIME: 15 minutes

BAKING TIME: 10 minutes

Ingredients:

- ⇒ 3/4 cup pizza sauce
- ⇒ 1 large pizza shell
- ⇒ 1 cup chopped broccoli
- ⇒ 1 cup shredded carrots
- ⇒ 1/2 cup sliced red or green bell pepper
- ⇒ 5 to 6 ounces shredded lowfat mozzarella or cheddar cheese*

Method:

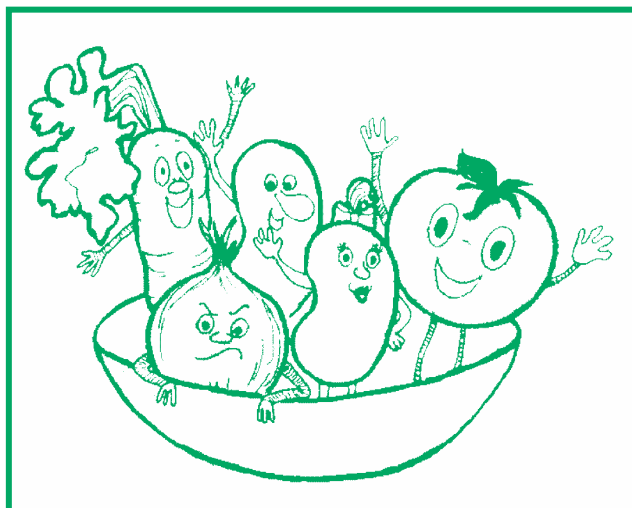
1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle cheese onto the pizza.
4. Bake for 10 minutes. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

*These foods are available on the WIC program.

Recipe used with permission from the Dole Fun With Fruits & Vegetables Kids' Cookbook, Copyright 1994, Dole Food Company, Inc.

NUTRITION INFORMATION:

Per Serving: Calories, 235; Protein, 13 g; Fat, 8 g; Carbohydrate, 29 mg; Sodium, 568 mg; Cholesterol, 15 mg.



EAT 5-A-DAY...EVERY DAY...FOR BETTER HEALTH!!

